

Start Eating Healthy and Moving More Today...

Four steps to a healthier you

Fill half your plate
with fruits and
vegetables at every meal



Drink water instead
of sugar-sweetened
beverages



Cut down on high
fat fast foods.



Move your body
30-60 minutes a day.



**A Healthy You
Means
a Healthy Family**



www.HEALTH.ri.gov
Rhode Island Department of Health

Check out these community programs

Healthy Weight Program

Is losing weight one of your New Year's resolutions?
Have you started yet? It's not too late.

Participate in the Healthy Weight Program. In just eight weeks, you will learn the basics of a new healthy life style. The program will help you lose those extra pounds, have a healthy heart, and prevent illnesses such as diabetes, high cholesterol and other heart diseases.



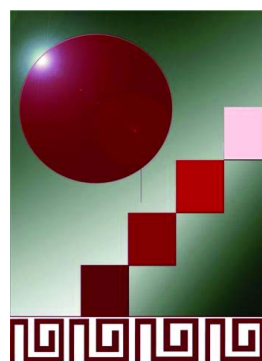
For more information and to register for this free family program, contact the Promotoras de la Salud de CHisPA at 401-467-0111 or visit our offices located at 421 Elmwood Avenue in Providence.

Physical Activity Program for Adults

A free 16-week cardio/strength program for adults. Get yourself in shape Latino style.

The program includes:

- Dance
- Exercise
- Eat Healthy
- Lose Weight



Give health to your life and life to your health. It's easy to start. We will support you to reach your goal. The program is free. For more information regarding this program and other programs, call Arlene Ayala, Director of Community Health at 728-5920, ext. 320.